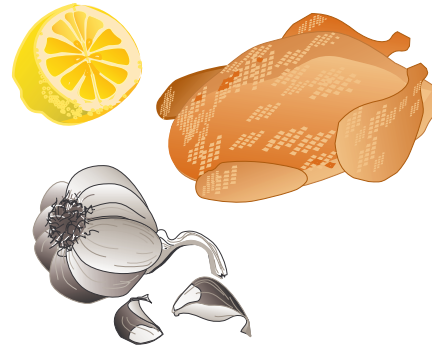


Mustard-Rosemary Chicken

Ingredients:

- 2 tablespoons Dijon mustard
- 2 tablespoons lemon juice
- 1-2 cloves garlic, minced
- 1 1/2 teaspoons dried rosemary
- freshly ground pepper, to taste
- 2 chicken breast halves, skin removed



Preparation:

1. Combine all ingredients except chicken in flat baking dish.
2. Add chicken pieces, turning to coat well with the mixture. Cover and marinate at least one hour or overnight in refrigerator.
3. Chicken can be cooked in oven (cover and bake at 375°F for approximately 45 minutes), microwave (cover with wax paper and cook on high 10-13 minutes, rotating dish halfway through; let stand 2-3 minutes before serving), or on a grill (shake off excess marinade and cook over medium-high flame for about 30 minutes).
4. To check for doneness, pierce thickest part with fork. If juice comes out clear, chicken is done.

Makes approximately two 4 ounce servings

Amount Per Serving			
Calories	160		
Calories from Fat	25		
% Daily Values*			
Total Fat	3g		
Saturated Fat	0.5g		
Cholesterol	70mg		
Sodium	460mg		
Total Carbohydrate	5g		
Dietary Fiber	less than 1 gram		
Sugars	1g		
Protein 29g			
Vitamin A	2%		
Vitamin C	15%		
Calcium	6%		
Iron	8%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
Protein	4		